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Magical Medicinal Plants

Introduction

Did you know that when you are sick do not always have to reach for the medicine cupboard? There are other options in the garden.

Helpful Plants (Not Proven)

There are thousands of plants that supposedly have healing properties. Red clover is supposed to help with coughs and colds and it is a blood cleanser, whereas Aloe Vera is good for cuts, burns and hydrating the skin. If you make California poppy tea then it is a nervine. This means it reduces stress. However if you make a decoction (a stew made of all the safe parts of the plant), it can be used as a pain relief. Sage is anti-inflammatory, anti-oxidant and anti-fungal. Sweet violet is helpful for colds and coughs, the flu and Sweet Violet tea is good for headaches, muscle and body pain.

Medicinal Plants (Proven)

As well as plants that are not proven to be helpful, there are many that have been proven to be. Weeping Willow bark has been made into digitalis, which treats cardiac disease. Doctors still use digitalis even though it is very toxic. Cinchona is made into quinine. Quinine treats malaria which mosquitoes carry.

Habitat

In different countries, different medical plants are found. Sage and California poppies are found in Mexico and the USA. Africa is home to Red Clover and Aloe Vera. In Europe and Asia, Red Clover and Sweet Violet are found.

Conclusion

Any of the plants mentioned could be in your garden. Think of your garden as an alternative to medicine.